

Effect of Health Education about Baby Massage to Parentings Skills at Bidan Praktik Mandiri
Anita Pera Simalingkar B Medan

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Abstract

Massage is a massage that was done by touching the skin (stimulus touch), done by using hand to produce effects, nerves, muscles, respiratory system and blood circulation and limpha and increase compassion between mother and baby. Knowledge about baby massage is not widely found of public because lack of knowledge and only be done by traditional healers and health workers, even though baby massage can be done by anyone, including parents. The purpose of this research was to find the effect of health education about baby massage to parenting skills. Parents are an important container for infant growth and development. Baby massage needs to be known by the public, especially parents who have babies. During this time, baby massage is considered only to be done by traditional healers and health workers, even though baby massage can be done by anyone, including parent. Designused was a pre-test post-test without a control group test to see effect of health education about baby massage on parenting skills. The research sample conducted in 32 respondents using purposive sampling technique. The measuring instrument used is the Standard Operating Procedure (SOP). The results of bivariate analysis were tested using Wilcoxon test with a significance level of 5% with a value of $p < 0.05$ which was 0.014. The mean rank value is 3.50. The conclusion of this research is that there is an influence of health education about baby massage on parenting skills, therefore it is necessary to carry out sustainable health education to parents so that they can improve the ability of parents to do baby massage.

Keywords :health education, parenting skills

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Introduction

Infant Mortality Rate (IMR) is one of the health development indicators in the 2015-2019 RPJMN and SDG's. According to the 2012 IDHS data, AKB has decreased on the track (continuing to decline) in 32 / 1,000 live births. In 2015, based on SUPAS 2015 AKB data to 22.23 / 1000 live births.

The problem of growth and development of infants is inseparable from the fulfillment of nutrition. One of them is maternal nutrition during pregnancy. Nutritional deficiencies in the mother before pregnancy and during pregnancy will affect the condition of the baby which can result in low birth weight babies (LBW), and can even cause death in infants starting in the womb until 2 years old (Depkes, 2012).

Based on Basic Health Research (RISKESDAS) 2013 Toddler growth and development are very important to be done to determine growth (faltering growth) early. From the RISKESDAS data, there were (34.3%) children who had not been weighed in the last 6 months which had increased from (25.5%) in 2007. What worries North Sumatra is of particular concern because it includes the lowest of 12, 5 % (Depkes RI, 2013).

Infants are children from the age range 0-12 months. Infancy is considered a critical period in the development of personality or "golden age" because at this time brain development takes place. (Zero To Three, 2012)

The World Health Organization (WHO) records 23% of the world's population. The amount of Balinese in Indonesia is normal 34%. The results of Riskesdas (2010) amounted to 4.9% of children under five under red.

Many factors influence the growth and development of a baby, one of which is nutrition and stimulation (massage). Massage is the oldest touch therapy known to man and most popular. (Lee, 2009).

Baby massage is a massage that is done by touching the skin (stimulus touch), carried out by using a hand that aims to produce effects on nerves, muscles, respiratory system and blood circulation and limpha and increase compassion between mother and baby. (Subakti and Rizky, 2008)

Baby massage has been introduced by Johnson and Johnson since 1997 which has collaborated with health professionals to transfer concepts and knowledge about baby massage to the public. (Roesli, 2013)

In ancient times, when babies were born, they had to use octopus and could not move freely, especially massage. Parents fear that if a massage is done it can break the bones and damage the baby's muscles. Of course the parents' response was wrong. Many parents still don't think of the positive benefits of infant massage on the psychological baby and the emotional bond between parents and their babies.

Touch and massage on the baby can provide a sense of calm, safe, comfortable so that the baby relaxes and sleep well which can increase growth hormone by 75%. This shows that an increase in growth hormone during a baby's sleep can affect the growth and development of the baby. (Afina, 2012)

According to the Health Act No. 36 of 2009, infant massage is a traditional health service that is included in the type of skill. This baby massage in accordance with Minister of Health Regulation No. 1109 of 2007 can be categorized into complementary-alternative medicine because it has been obtained through structured education based on biomedical science. Baby massage is a form of movement play for babies, to stimulate growth and development and the ability of the baby to move optimally. Massage is not only beneficial to the baby but also to the giver of massage, which is free from stress and as a tool to build bonds between massage and baby. (Turner, 2011)

Based on the preliminary survey conducted in the Bidan Praktek Mandiri Anita Pera, there were 7 mothers who had not been able to massage the baby to her baby by reason of fear of wrong massage and some mothers also did baby massage to traditional healer in the community. Based on interviews conducted with parents never been given special health education or training for parents to do baby massage and parents do not know the benefits of doing baby massage.

According to Mubarak (2011), health education is a way to improve one's knowledge of something. A person's knowledge can increase because of the experience he gets. While experience is an event that a person has experienced interacting with his environment. Good experience can form a positive attitude in one's life.

Parents are an important container for infant growth and development. Baby massage needs to be known by the public, especially parents who have babies. During this time, baby massage is considered only to be done by traditional healers and health workers, even though baby massage can be done by anyone, including parents (Chomaria,N, 2015).

The purpose of this study was to determine the effect of health education on baby massage on parenting skills in the Mandiri Practice Midwife Anita Pera Simalingkar B.

Methods

The design of this study was a pre-test post-test without control group test to see the effect of health education on baby massage on parenting skills by bivariate testing using the Wilcoxon test.

The research sample consisted of 32 respondents using purposive sampling technique. The measuring instrument used is the Standard Operating Procedure (SOP).

Results

Table 1. Characteristics of Respondents in Anita Pera Independent Practice Midwives in 2018

No.		Amount	
		F	%
1	Age		
	< 20 year	7	21,9
	20-35 year	22	68,8
	>35 year	3	9,4
2	Education		
	Elementry	1	3,1
	Junior High School	3	9,4
	Senior High School	25	78,1
	University	3	9,4

Table 2 Baby Massage Skills Characteristics Before and After Health Education

	Pre Test		Post Test	
	F	%	F	%
Able to	10	31,2	16	50
Unable	22	68,8	16	50
Total	32	100	32	100

Tabel 3. Hasil uji bivariat (Uji Wilcoxon)

Uji Statistik	Test Statistik
Sig. (2-tailed)	0,014

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Based on Table 2 it can be seen that out of 32 respondents obtained results before being given a baby massage health education (pre-test) that was able to do baby massage as many as 10 people (31.2%) and who were unable to do baby massage as many as 22 people (68.8 %). Furthermore, after being given health education, it was able to increase to 16 people (50%) and unable to become 16 people (50%).

Based on Table 3 can be seen the results of the bivariate test performed a significance level of 95% (0.05), obtained results with Wilcoxon test obtained $p = 0.014 < 0.05$ means that there is an effect of health education on baby massage on parental skills.

This is in line with the research conducted by Ajeng Mahardika and Nevy Norma, which was conducted on 20 respondents, obtained the ability of mothers before health education was carried out all had a bad value (100%). After being given health education, half of mothers had enough value (50%), with a significance value of $p = 0.00 < 0.05$.

It can be concluded that there is an effect of health education on infant massage on the practice of infant massage by mother.

The research of Nugraheni's (2013) that knowledge and access to information relate to the mother's ability to do infant massage, the higher the mother's knowledge about infant massage, the more mothers will massage babies on their babies. Wardhani (2014) also stated that mothers who were given health education about the baby's piajt experienced a threefold increase in skills. This is because parents get counseling about infant massage so that parents have good knowledge in doing baby massage and parents feel a sense of affection for their babies.

The relationship between mother and child, father and child is very important in the family environment, as parents must have good cooperation and mutual support in the process of child growth and development in the fulfillment of infant nutrition and nutrition (Marijke Metz, at all, 2018)

Furthermore, the research conducted by Oktobriariani (2010) obtained the results of the analysis of the value of $t_{count} > t_{table}$ ($29.231 > 2.040$) or $p < 0.005$ that is 0.000, this indicates that there is a significant difference between the practices of mothers in massage babies before being given health education, where the ability to practice baby massage Mother after being given health education, is better than the ability to practice baby massage before health education is carried out. It can be concluded that there is an influence of health education on infant massage with baby massage practices.

Baby massage is not only for healthy babies, but also for sick babies, even for children to adults, besides that baby massage can produce many physiological changes and can be measured scientifically. Baby massage can also increase baby's weight, research Prof. T.Field & Scafidi (2003) showed that in 20 premature babies (body weight 1,280 and 1,176 grams), who were massaged for 10 minutes had a weight gain of 20-47% per day more than babies who were not massaged.

Health educatsion is all planned efforts to s influence both individuals, groups or communities so they do what is expected by education actors in the field of health (Notoadmodjo, 2012).

Based on Baroo'ah's (2015) research, infant massage is a form of alternative treatment that is becoming increasingly well-known by the community because the process is simple, cost effective, easy to learn and can be done at home by family, but many mothers have not

been able to do infant massage, the results of the study found that there was a relationship of health education about infant massage to the mother's behavior in performing infant massage with a p value <0.05 .

Health education about baby massage is important to be known by the public, especially parents. The fact is in the community, even though baby massage is very beneficial for babies and mothers, there are still many mothers who don't want to do baby massage because baby massage is only done by health workers and traditional healers. Therefore, parents need to be provided with health education about baby massage so parents know that baby massage can be done by anyone, especially parents through the knowledge and skills provided by trained midwives / health workers.

Conclusions

The results of the study were obtained before being given a baby massage health education (pre-test) that was able to do baby massage as many as 10 people (31.2%) and who were unable to do baby massage as many as 22 people (68.8%). Furthermore, after being given health education, it was able to increase to 16 people (50%) and unable to become 16 people (50%). The bivariate test results using the Wilcoxon test $p = 0.014 < 0.05$, it can be concluded that there is an influence of baby massage health education on the skills of parents.

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